

# **10K SHOT CLUB**

## ***Slinger Boys Basketball Shot Club***

**HALL OF FAMER** - 15K Shots Made!

**MVP** - 10K Shots Made!

**All Star** - 7,500 Shots Made!

**Starter** - 5,000 Shots Made!

### **Shot Club Basics:**

- You will use the Shot Club workout detailed below to become a Shot Club member! The shooting workouts start June 1st and completed tracking forms are due September 1st!
- Please send your completed tracking form to Coach Lavine via email [alexander.lavine@slingerschools.org](mailto:alexander.lavine@slingerschools.org). It must be signed by a parent or guardian to be accepted!
- This is a stationary shooting workout for your shot development and improvement.
- Follow this routine, use the correct shooting form, become a better player!
- We want our players to make 250 shots as part of every shooting workout!

# **YOU'RE BUILT FOR THIS!**

## **Shot Club Workout:**

### **5/10 feet away**

You will make 10 jump shots from each of the five different spots (left baseline, left wing, mid-paint, right wing, right baseline) in this range for 50 total made shots.

### **10/15 feet away**

You will make 10 jump shots from each of the five different spots (left baseline, left wing, mid-paint, right wing, right baseline) in this range for 50 total made shots.

### **15 feet away / 3 PT**

You will make 10 jump shots from each of the five different spots (left baseline, left wing, FT line, right wing, right baseline) in this range for 50 total made shots.

### **Top of the Key & Free Throw Line**

You will make 10 shots off the dribble to the right. 10 shots off the dribble to the left. 10 right hand layups, 10 left handed layups, 10 free throws.

**TOTAL = 250 MADE SHOTS PER WORKOUT!**

# A.B.C Shooting Technique

## AIM:

See your shooting target (center or back of the rim) with clear vision.

**ALIGNMENT:** Check your B.E.N.T alignment.

B- Ball in shooting pocket

E- Elbow tucked in

N- kNees bent

T- Toes facing your target

## **BALANCE:**

Feet about shoulder width apart with a slightly staggered stance. Knees bent, butt down, ankle flexion and extension for power. Head level and eyes at your target.

## **CONNECT:**

Shot pocket above your waist. Shooting hand fingers spread and in the middle of the ball. Off hand supporting the ball and not affecting your shot. Wrist skin fold on shooting hand. Elbow finishing eye level or higher. Follow through with ball rotation (finish high and wave goodbye). Rainbow arch!